

## Mental Health Updates & Events

April 4, 2019

WASHINGTON COUNTY		
Event/Program	Details	Date/Time/Location
Managing Interpersonal Stress	Join us as Espen Klausen, Ph.D., a licensed clinical psychologist, will provide strategies and tips for managing interpersonal stress as well as dealing with difficult people. The emphasis will be on strategies for minimizing the stress before it is even triggered and on ways of communication that increase the chances that your needs will be met.	<p>Tuesday, May 7, 2019 7-8:30pm The University of Wisconsin – Milwaukee at Washington County (Room 201) 400 S. University Dr., West Bend, WI 53095</p> <p>Free and open to the public For more information, call 262-339-1235</p>
Suicide Never Entered His Mind: Then 9/11 Happened (Community Education Forum)	LIFE OF HOPE is pleased to welcome Chief Warrant Officer 4, Clifford W. Bauman as the 2019 Community Education Forums Keynote Presenter. CW4 Bauman's 30+ year military career has taken him around the globe, into the national spotlight, and on stage as a military multi-award earner. None of these achievements, however, surpass that of his personal reclaiming of his mental health following a survived suicide attempt. Following the September 11 attacks on American soil, where he witnessed firsthand the devastation of the Pentagon aftermath, he placed his helmet, gloves, and boots in the closet and closed off the horrific realities of that day. A year later, memories could no longer be kept at bay and thoughts of suicide invited his mind. As a suicide attempt survivor, CW4 Bauman will share his journey of survival, treatment, healing and HOPE for others, having earned the 2018, "Made the Difference Award," presented by George Mason University. Join LiFE OF HOPE for a one-night only presentation that exemplifies what it means to be strong, courageous, and a true American hero.	<p>Wednesday, May 8 5pm The Columbian 32345 Lighthouse Ln, West Bend, WI</p> <p>Pre-register (limited seating) FREE at <a href="http://LiFEofHOPEproject.org">LiFEofHOPEproject.org</a></p>
Wellness Fair	A wellness fair hosted by the Keystone Teen Program. They are	<p>Wednesday, May 29 5-7pm</p>

	looking to get several mental-health based resources at the event, along with other relatable resources for youth and families.	West Bend Boys & Girls Club
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ONGOING PROGRAMMING		
NAMI Peer-to-Peer	NAMI Peer-to-Peer is a FREE, confidential, 8-session recovery-based course for adults living with mental health challenges. It offers information and resources which will aid you in discovering what good mental health can look like for you. Recovery is different for everyone but the need for support on this journey is universal. Throughout this course you will be provided knowledge, tools, and insight that can help you take charge of your life and choices and attain the goals and lifestyle you want to live. Always know you are not alone on the journey and that wellness and recovery IS possible. The course is taught by trained Peer Mentors living in recovery themselves.	<p>For more information or to register for the session call the NAMI Welcome Center, <b>262-339-1235</b></p> <p>Leave a message with your name and phone number indicating your interest in the class.</p> <p><b>PLEASE REGISTER BY FRIDAY, APRIL 5.</b></p> <p>NAMI-Washington County, the local organization of the National Alliance on Mental Illness, will offer its Spring 2019 <b>NAMI Peer-to-Peer</b> Education Program beginning April 17. It will be held on Wednesdays from 6:00 – 8:00 pm at the NAMI Welcome Center, 2030 Stonebridge Road in West Bend. Pre-registration required.</p>
WSM Wellness Support Management	Designed for individuals 18 years and older with mental health illness. Facilitated by peers, this group empowers participants to improve success and satisfaction with their everyday life.	<p>Offered on Mondays 6:30-7:30pm</p> <p>Offered Wednesdays 11:45am – 12:30pm</p> <p>No pre-registration required</p>
Mindful Creativity Adult Therapy Group	This group is for adults with mental health illness. Each month will focus on a different theme depending on the group members' needs. Space is limited. Pre-registration is required.	<p>Offered on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month</p> <p>Call Jan at 262-339-1235 to pre-register or for more information</p>
R.I.S.E. Connect Support Group	For individuals with mental health illness who are in their 20's and early 30's. This group offers support and encouragement for moving forward in daily life while successfully managing your mental health illness. Come share your weekly successes and challenges.	<p>Offered Tuesday evenings 6:30-7:30pm</p> <p>No pre-registration required</p> <p>Contact Judie at <a href="mailto:judietammy.namiwashington@gmail.com">judietammy.namiwashington@gmail.com</a> for more information</p>

Crafting Connections Activity Group	Peer led, this group generally appeals to adults who are newly diagnosed or adults who are new to experiencing challenges due to their mental health illness. No experience necessary. This is a relaxed atmosphere to build a support network and learn how creativity can be a coping mechanism.	Offered on Wednesdays 10-11:30am  No pre-registration required
Let's Connect Young Adult Support Group	Led by trained facilitators this group is for post high school individuals from ages 18-23 years with mental health concerns. This is an open forum for peer discussions and building critical support networks. Monthly outings (free to group members) are planned to have fun, learn new skills, and develop friendships.	Offered every Thursday 4:15-5:30pm  Contact Robin at <a href="mailto:robin.namiwashington@gmail.com">robin.namiwashington@gmail.com</a> for more information
Teen Connections Support Group	Offered at NAMI Welcome Center and Kewaskum High School and lead by trained facilitators, this group is for teens who live with or suspect a mental health condition. Teens learn about symptoms, resources, treatment, and the importance of developing a support network.	West Bend: Every Thursday 4:15 - 5:30 pm at the NAMI Welcome Center Contact Sue at 262-629-5187 or <a href="mailto:Suzanne.namiwashington@gmail.com">Suzanne.namiwashington@gmail.com</a> for more information.  Kewaskum: Every other Wednesday starting October 3rd from 2:10 - 2:50 pm at Kewaskum High. Contact your school counselor at 262-626-3105 → Mrs. Daane ext. 4106 or Ms. Brendemuehl ext. 4114
R.I.S.E. Support Group (Recovery Inspired by Shared Experience)	Led by trained facilitators this group is for adults ages 18 years and older who have a mental health illness. Talk about your concerns and receive support from other individuals who have been in similar situations. A safe place to share your struggles and experience, as well as learn more about living with these conditions.	Offered every Saturday 10-11am  No pre-registration required
NAMI Family Support Group	Peer led by trained adults who have a family member with mental illness. This group meets two times per month - once in West Bend and once in Richfield at Northbrook Church. This is a structured group model.	Richfield: The first Monday of the month at Northbrook Church except for holidays.  West Bend: The third Monday of the month at the NAMI Welcome Center except for holidays.

		<p>Meeting time for both locations is 7:00 - 8:30 pm</p> <p>Call 262-339-1235 for more information.</p> <p>No pre-registration required.</p>
HOPE Peer Support Groups	<p>For persons experiencing similar thoughts, behaviors, beliefs, and struggles relating to the many touch points of suicide - themselves or through a loved one. Groups are designed to provide HOPE and healing to those challenged by the topic of suicide ideation, attempt, or loss. H.O.P.E. Peer Support Groups are available for FREE to the suicidal individual, their loved ones, and those living beyond the loss of a loved one to suicide.</p> <p>Participant Demographics:</p> <p>Active Suicide Ideation and Survived Attempt   Ages 11-22</p> <p>Active Suicide Ideation and Survived Attempt   Ages 23+</p> <p>Friends and Family of Active Suicide Ideation   Ages 13+</p> <p>Individuals Having Lost a Loved One to Suicide   All Ages</p>	<p>Coming Soon (Seeking Facilitators)</p> <p>3rd Thursday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend)</p> <p>4th Wednesday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend)</p> <p>4th Tuesday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend)</p>
AHA Community Connections	<p>AHA Community Connections offers a FREE, comfortable atmosphere for expanding a sense of community through healthy activities among fellow adults who "self-identify as feeling alone". Come together with others and engage in positive relationships through healthy social activities. Whether you enjoy walking, art activities, Packer parties, movies, games, or the outdoors, there is something for everyone. There is no pressure, only acceptance, harmony, and affirmation to encourage a natural desire for belonging.</p>	<p>Every Monday (6pm-7pm) Location changes based on season/weather conditions - PRE-REGISTRATION REQUIRED by calling LiFE OF HOPE At 262-429-1556</p> <p>First Wednesday Monthly (6pm-7pm) Location changes based on scheduled activity -PRE-REGISTRATION REQUIRED by calling LiFE OF HOPE At 262-429-1556</p>

	<p>Participant Demographics:</p> <p>Walking Activity   Ages 18+</p> <p>Special Interest Activities</p>	
QPR Certification Class	<p>Learn the LiFE-Saving skills of QPR Certification to respond to a potential or existing suicidal crisis. Includes a thorough understanding of statistics and how to identify risk factors and behaviors (i.e. loss of job or relationship, abuse, severe depression, hopelessness, trouble sleeping, isolation, etc.) and then gain knowledge in the specific steps to Question, Persuade, and Refer (QPR) for a LiFE-Saving intervention and successful referral.</p> <p>Participant Demographics</p> <p>Open Enrollment   Ages 13+</p> <p>Your Own Pre-Scheduled Group</p>	<p>Monthly (6pm-8pm) at the LiFE OF HOPE office (139 N Main St, Ste 104, West Bend) PRE-REGISTRATION REQUIRED online at <a href="http://LiFEofHOPEproject.org">LiFEofHOPEproject.org</a></p> <p>Scheduled to Meet Your Company or Group's Availability   LOH Office or Location of Your Choice   SCHEDULE by Calling Lori at 262-429-1556</p>

OZAUKEE COUNTY		
Event/Program	Details	Date/Time/Location
<a href="#">An Evening of Music and Conversation for Teens</a>	<p>Presented by Gathering on The Green in partnership with the Cedarburg School District – Parent Engagement Series, and Rogers Behavioral Health</p> <p>Join us in a very special entertaining and informative evening. Moderated by Emmy award-winning TV personality Katrina Cravy, this evening will feature a musical performance by Hannah Mrozak (Citizen Queen, American Idol, The Voice) and a conversation with Hannah and Rogers InHealth Specialist Sue McKenzie, regarding a subject in the forefront of all of our minds – Teens coping with stress and anxiety.</p>	<p>Wednesday, April 3 6:30pm Cedarburg Performing Arts Center W68 N611 Evergreen Blvd</p> <p>Registration is required: <a href="http://Gatheringonthegreen.org">Gatheringonthegreen.org</a></p>

	This event is free and open to all teen students and parents and is made possible by Gathering on the Green's Music Together program and Kapco Metal Stamping. Registration is required. Doors open at 6:00pm.	
The Note You Never Want to Find: Talking to Your Teen About Suicide and Self-Harm	Talking to your teen about tough topics can feel overwhelming. Suicide is one of those topics where it can be hard to know what to say, or how, or when. Did you know that over 16% of public high school students in Wisconsin have considered suicide in the last year? Recent studies indicate that up to 37% of adolescents have engaged in some form of self-harm. Learn how to recognize the warning signs, and what to do if you are worried about someone you know. Watch and participate in role play and take home practical information on how you can help those you love. Facilitated by Ozaukee Family Services' counseling staff, Elizabeth Davison, LPC and Ashley Maas, MSW, APSW.	<p>Tuesday, April 9 6:30-8pm</p> <p>Free</p> <p>Childcare available</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to <a href="http://www.ozaukee familyservices.org">www.ozaukee familyservices.org</a></p> <p>All classes are held at Family Enrichment Center, 885 Badger Circle, Grafton</p>
Tuesday's with Tera – Understanding Stroke	Join Aurora's stroke program coordinator Katie Neuman as we prepare for Stroke Awareness Month in May. Educate yourself on the basics of stroke; including prevention and recognition.	<p>Tuesday, April 16 11-12pm</p> <p>Cedarburg Senior Center W63n643 Washington Ave. Cedarburg, WI 53012</p>
Infant Massage	Kathy Bergmann, Certified Educator of Infant Massage and Ozaukee Family Services staff member, will demonstrate how to perform basic infant massage stroke techniques, as well as identify the benefits of infant massage for the infant and caregiver. Kathy will share research regarding the benefits of touch in the healthy growth and development of a child. Caregivers are invited to attend with babies from birth to 10 months.	<p>Tuesdays, April 23 – May 21 9:30-10:30am</p> <p>Free</p> <p>Childcare available for children not participating in the class</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to <a href="http://www.ozaukee familyservices.org">www.ozaukee familyservices.org</a></p> <p>All classes are held at</p>

		Family Enrichment Center, 885 Badger Circle, Grafton
Tuesday's with Tera – Cultivating Wellness	May is Mental Health Month! Depression affects over 7 million senior citizens each year. Come and learn how you can live your best life through positive psychology.	Tuesday, May 21 11-12pm Cedarburg Senior Center W63n643 Washington Ave. Cedarburg, WI 53012

ONGOING PROGRAMMING		
The Incredible Years	This 7-week course for parents is an evidence-based parenting program designed to help promote the social, emotional, and academic success of kids ages 2-14. Parents learn how to prevent, reduce, and treat emotional challenges in children through a positive and nurturing approach. The course introduces developmentally appropriate and consistent responses to increase children's self-esteem, reduce conflict in the home, and promote a strong and healthy family. Facilitated by Ozaukee Family Services' staff.	<p>Mondays, March 18 – May 6 6-8pm NO CLASS APRIL 15</p> <p>Free</p> <p>Childcare available</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to <a href="http://www.ozaukee familyservices.org">www.ozaukee familyservices.org</a></p> <p>All classes are held at Family Enrichment Center, 885 Badger Circle, Grafton</p>
Identifying and Supporting Mental Health in the Classroom	<p>This training targets the understanding and identification of a variety of mental health issues common in children and adolescents. Participants will also engage on topics of how to address concerns with parents, and classroom strategies to support children with mental health issues. Trainings are tailored to specific age groups.</p> <p>Facilitator: Erin Perez</p> <p>Erin Perez, Clinic Director of Ozaukee Community Therapies, is a Licensed Professional Counselor who has over 15 years of experience providing counseling, consultation, and trainings. Erin has many years of experience working with children (ages 3-18), adults, and families, who are</p>	<p>Middle/High School Educators- 4/3/19 (Wed.) 6:30-8pm</p> <p>\$15/participant</p> <p>Space is limited, and all participants must register to attend. To register- please contact Erin Perez at 414-559-0050 or <a href="mailto:erin@ozaukee communitytherapies.com">erin@ozaukee communitytherapies.com</a></p>

	experiencing various mental health and life challenges, such as ADHD, autism, anxiety, anger management, divorce, blending families, life transitions, and trauma. Erin has a Master's degree in Clinical Psychology from Cardinal Stritch University.	
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CULTIVATE WELLNESS IN OUR PARKS	
Ozaukee County	Washington County
NIA Date: July 24, 2019 Time: 6:30-7:30pm Location: Kiwanis Family Pavilion - Upper Lake Park In case of rain: Port Washington Rec Center	Mindful Meditation Date: July 24, 2019 Time: 6:30-7:30pm Location: LLC - Maurin Center/Nature Hike In case of rain: LLC - Maurin Center
Tai Chi Date: July 31, 2019 Time: 6:30-7:30pm Location: Coal Dock Park In case of rain: Port Washington Rec Center	NIA - Non-impact Aerobics Class Date: July 31, 2019 Time: 6:30-7:30pm Location: Ridge Run Park In case of rain: LLC - Maurin Center
Laughter Yoga Date: August 7, 2019 Time: 6:30-7:30pm Location: Bluff - Upper Lake Park In case of rain: Port Washington Rec Center	Reiki Class & Benefits of Mental Health Date: August 7, 2019 Time: 6:30-7:30pm Location: Labyrinth Garden - Regner Park In case of rain: LLC - Maurin Center
Reiki Date: August 14, 2019 Time: 6:30-7:30pm Location: Veterans' Memorial Park In case of rain: Port Washington Rec Center	Movement, Wellness & Nutrition Date: August 14, 2019 Time: 6:30-7:30pm Location: Centennial Shelter - Regner Park In case of rain: LLC - Maurin Center
Meditation Date: August 21, 2019 Time: 6:30-7:30pm Location: Overlook Park In case of rain: Port Washington Rec Center	Yoga at Dusk Date: August 21, 2019 Time: 7-7:45pm Location: Library Park - WB Library In case of rain: Library or Mutual Mall
Aromatherapy Date: August 28, 2019 Time: 6:30-7:30pm Location: Rotary Park In case of rain: Port Washington Rec Center	Anti-bullying & Effects on Mental Health Date: August 28, 2019 Time: 6-7pm Location: West Bend Boys & Girls Club In case of rain: West Bend Boys & Girls Club

Resources	Details
Mental Health Funding	<b>Children's Hospital of Wisconsin</b> gets a <u>\$5 million boost from Kohl's for mental health services</u> .
Kids in Crisis	Check out more from the <u>Kids in Crisis series</u> , including a <u>new Milwaukee PBS documentary</u> featuring the stories of 4 Wisconsin teens. In addition, <u>check out their podcast</u> with the recent episode featuring the voices of young people.

DHS Division of Care and Treatment Services Annual Report	Check out the <a href="#">annual report</a> from <b>DHS Division of Care and Treatment Services</b> , which oversees mental health and substance abuse services
Peer-run Respite for Vets	DHS awards <b>Mental Health America of Wisconsin</b> to fund <a href="#">new peer-run respite for veterans</a> . See the <a href="#">full news release here</a>
From moms to medical doctors, burnout is everywhere these days	<a href="https://www.washingtonpost.com/national/health-science/from-moms-to-medical-doctors-burnout-is-everywhere-these-days/2019/03/29/1cea7d92-401d-11e9-922c-64d6b7840b82_story.html?noredirect=on&amp;utm_term=.94cdbf817716&amp;wpisrc=nl_most&amp;wpmm=1">https://www.washingtonpost.com/national/health-science/from-moms-to-medical-doctors-burnout-is-everywhere-these-days/2019/03/29/1cea7d92-401d-11e9-922c-64d6b7840b82_story.html?noredirect=on&amp;utm_term=.94cdbf817716&amp;wpisrc=nl_most&amp;wpmm=1</a>
A promising new clue to prevent teen suicide: empower adults who care	<a href="https://www.vox.com/science-and-health/2019/2/28/18234667/teen-suicide-prevention?fbclid=IwAR3A-5qEKF-yudT_1lPXWqPZVFgSh7sXXT76g64pXOTP9UNHemxKfZL4C8Q">https://www.vox.com/science-and-health/2019/2/28/18234667/teen-suicide-prevention?fbclid=IwAR3A-5qEKF-yudT_1lPXWqPZVFgSh7sXXT76g64pXOTP9UNHemxKfZL4C8Q</a>
Gov. Tony Evers' budget looks to expand access to student mental health services	<a href="https://www.jsonline.com/story/news/2019/03/07/kids-crisis-governor-tony-evers-seeks-boost-school-mental-health-services-wisconsin-education-budget/2905809002/">https://www.jsonline.com/story/news/2019/03/07/kids-crisis-governor-tony-evers-seeks-boost-school-mental-health-services-wisconsin-education-budget/2905809002/</a>
New option for treating depression just approved by the U.S. Food and Drug Administration	<a href="http://app.nationalproduction.wgbh.org/e/es.aspx?s=2531&amp;e=1303048&amp;elqTrackId=87bceb0e8d45455b8e6ff9d7c932edc8&amp;elq=8a5e81a16a8b455ea942245ba5659c2a&amp;elqaid=5801&amp;elqat=1">http://app.nationalproduction.wgbh.org/e/es.aspx?s=2531&amp;e=1303048&amp;elqTrackId=87bceb0e8d45455b8e6ff9d7c932edc8&amp;elq=8a5e81a16a8b455ea942245ba5659c2a&amp;elqaid=5801&amp;elqat=1</a>

RESOURCES/CONFERENCES/TRAININGS/EVENTS	
Resource/Conference/Training/Event	Description
Operationalizing Trauma Informed Care Workshop	The <b>Wisconsin Children's Mental Health Collective Impact Trauma Informed Care Workgroup</b> is pleased to announce the <b>Operationalizing Trauma Informed Care Workshop</b> . The workshop will be <b>Monday, May 6<sup>th</sup>, 1:00-4:00 p.m.</b> across the state with the Milwaukee location at the <b>Northwest Health Center</b> (7630 W Mill Road). <a href="#">Register here</a> and contact <a href="mailto:Karen.Katz@Wisconsin.gov">Karen.Katz@Wisconsin.gov</a> with questions.
Assessing & Managing Suicide Risk (AMSR)  Compassions Resilience Facilitation Team Training	<b>Prevent Suicide Wisconsin</b> is hosting two pre-conference trainings: one on <b>Assessing &amp; Managing Suicide Risk (AMSR)</b> and the other is a <b>Compassions Resilience Facilitation Team Training</b> . These trainings are for behavioral health professionals. The training is based on the latest research and designed to help participants provide safer suicide care. Registration deadline is <b>April 11</b> .
Joint Committee on Finance	Take an <b>active role with the Wisconsin budget process as the Joint Committee on Finance comes on Wednesday, April 10<sup>th</sup>, 10:00 AM to Oak Creek Community Center</b> (8580 S Howell Ave, Oak Creek) <a href="#">Join the public event</a> , email comments to <a href="mailto:budgetcomments@legis.wisconsin.gov">budgetcomments@legis.wisconsin.gov</a> , or reach out to <a href="#">your legislators</a> . Stick it to 'em since they scheduled the "Milwaukee" session away from the city and inconvenient for public transit. <a href="#">Read an evaluation of the budget here</a> .
Youth Mental Health First Aid Training	<b>FREE Youth Mental Health First Aid training</b> , teaching a 5-step action plan for how to help young people in both crisis and non-crisis situations across a variety of mental health issues, will be <b>April 12<sup>th</sup>, 9:00-5:00, at Community Advocates Training Center</b> (6900 W Brown Deer Rd). <a href="#">Register here</a>
Caring, Celebration, and Community  Principles and Practices of Asset-Based Community Development	<b>Vibrant Communities and Tamarack Institute</b> are hosting two upcoming webinars. The first is one the subject of <b>Caring, Celebration, and Community, April 9, 1pm- 2pm EDT</b> . <a href="#">Register here</a> . The other is on <b>Principles and Practices of Asset-Based Community Development, April 30, 2019, 1pm 2pm EDT</b> . <a href="#">Register here</a> .

Re-imagining Justice for Wisconsinites with Mental Illness	Save the date for this <b>Milwaukee Mental Health Taskforce Forum</b> on <b>April 29th, 6:00 PM: "Re-imagining Justice for Wisconsinites with Mental Illness"</b> featuring state administrators, elected officials, and advocates and organizers with lived experience of incarceration.
Every Brilliant Thing	Use code "BRILLIANT" to get a discount when <u>ordering tickets here</u> for <b>Every Brilliant Thing</b> showing at the <b>Milwaukee Rep</b> from <b>April 12 to May 5</b> . The story centers around a boy who creates a list of everything that makes life worth living as his mother faces chronic depression. After each performance will be <b>Act II</b> , a short response from community leaders (including multiple CCMH members) and a dialogue facilitated by the <b>Zeidler Center for Public Discussion</b> .

MENTAL HEALTH MEETINGS 2019			
Think Well	Cultivate – West Bend	INVEST Mental Health	Cultivate – Port/Sauk
May 22 (PAC 3224) July 24 September 25 November 27  8-9:30am St. Joe's Froedtert, Conf. Room A	May 9 June 13 July – NO MEETING August 8 September 12 October 10 November 14 December 12  1-2pm West Bend City Hall Police Classroom	June 6 August 1 October 3 December 5  9-10:30am Family Enrichment Center, Room E	April 17** May 15 June 19 July 17 August 21 September 18 October 16 November 20 December 18  3-4pm **Port Washington State Bank (206 N. Franklin St.) All others held at the Family Enrichment Center, Room E
If you would like to attend any of the above mental health meetings, please contact Bailey Murph at 262-335-4890 or <a href="mailto:bailey.murph@washozwi.gov">bailey.murph@washozwi.gov</a>			